

THE EXPULSION FROM PARADISE



FORGIVENESS SUNDAY – CHEESE-FARE SUNDAY ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΠΙΝΗΣ

(4TH SUNDAY OF TRIODION – MATTHEW 6:14-21)

NAME _____

GRADE _____



Forgiveness Sunday
(Cheese-fare Sunday)
(4th Sunday of Triodion)

This Sunday is the 4th Sunday of the Triodion, preparing us for Great Lent (the 40 days before Easter). The four Sundays of the Triodion period prepare us for Great Lent. It is a time for us to get closer to God through worship, prayer, fasting, and doing good things.

1st Sunday of Triodion – Sunday of the Publican and the Pharisee

2nd Sunday of Triodion – Sunday of the Prodigal Son

3rd Sunday of Triodion – Sunday of the Last Judgement – Meat-fare Sunday (last Sunday of eating meat until Easter – this following week, only cheese is allowed)

4th Sunday of Triodion – Sunday of Forgiveness (Cheese-fare Sunday) –
Sunday before Great Lent begins (last day which we eat dairy products before Easter) – tomorrow is Clean Monday, beginning of Lent

Today is called “Forgiveness Sunday” from the Orthodox Christian custom at Vespers of asking each other’s forgiveness for discourtesy and disrespect.

On this day, we commemorate Adam and Eve’s expulsion the Garden of Eden (Paradise). God commanded them to fast from the fruit of a tree (Gen. 2:16), but they did not obey. This shows us that our deeds will be judged by God. Through fasting, we cleanse our bodies and souls, which allows us to repent, but our actions count as well. It is important to love and to FORGIVE one another for our souls to be clean. If we forgive others, God will forgive us. It is important to fast (as best as you can) and go to confession during Lent.

As we enter our Lenten period let us reflect on who we are...let us remember to be good Christians, to do good deeds, to love one another and to forgive one another.

<https://oca.org/reflections/fr-alexander-schmemann/forgiveness-sunday>
http://www.orthodox.net/questions/forgiveness_sunday_1.html
<http://www.orthodoxroad.com/the-casting-out-of-adam-and-forgiveness-sunday/>
https://orthodoxwiki.org/Forgiveness_Sunday

icon - <http://www.stjohnoftheladder.org/news/2016/3/4/about-the-sunday-of-the-last-judgment>